



Tropical Vanilla Pudding Shots

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



71 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup pineapple canned packed in juice, not drained crushed
- 3 ounces malibu coconut rum
- 4 ounces milk fat-free
- 1 small package vanilla pudding mix fat-free sugar-free instant (4-serving) (recommended: Jell-O)
- 1 slices lime for optional garnish
- 1 ounce juice of lime
- 8 servings pineapple wedges for optional garnish
- 1 cup non-dairy whipped topping fat-free frozen thawed

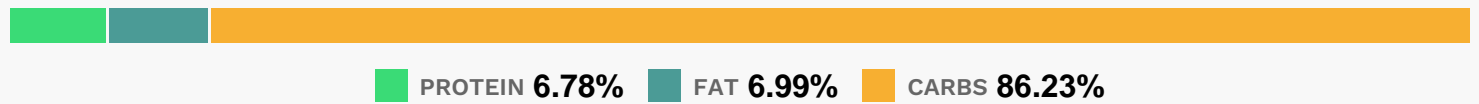
Equipment

- bowl
- whisk

Directions

- Combine milk and pudding mix in a bowl and whisk or mix until smooth.
- Add rum, lime juice, and pineapple, and stir well.
- Fold in whipped topping. Once the mixture is smooth and uniform, divide it among 8 small cups.
- Place the cups in the refrigerator until ready to serve, at least 30 minutes.
- Garnish them with pineapple wedges and lime slices, if using. Enjoy with a spoon!

Nutrition Facts



Properties

Glycemic Index:15.49, Glycemic Load:5.91, Inflammation Score:-3, Nutrition Score:6.7960869929065%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 70.53kcal (3.53%), Fat: 0.6g (0.92%), Saturated Fat: 0.29g (1.78%), Carbohydrates: 16.65g (5.55%), Net Carbohydrates: 15.23g (5.54%), Sugar: 12.62g (14.03%), Cholesterol: 1.93mg (0.64%), Sodium: 14.42mg (0.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.62%), Vitamin C: 42.14mg (51.08%), Manganese: 0.77mg (38.3%), Vitamin B1: 0.1mg (6.88%), Vitamin B2: 0.11mg (6.28%), Vitamin B6: 0.13mg (6.25%), Fiber: 1.42g (5.7%), Copper: 0.11mg (5.51%), Folate: 17.89µg (4.47%), Calcium: 42.72mg (4.27%), Potassium: 147.12mg (4.2%), Magnesium: 14.9mg (3.73%), Vitamin B12: 0.22µg (3.68%), Phosphorus: 29.83mg (2.98%), Vitamin B3: 0.51mg (2.56%), Vitamin B5: 0.23mg (2.33%), Vitamin A: 102.78IU (2.06%), Iron: 0.29mg (1.62%), Zinc: 0.21mg (1.4%), Vitamin D: 0.16µg (1.04%), Selenium: 0.71µg (1.02%)